2D RANGER BN

TYRANT

- 3 ROUNDS -

22 x Kipping Pull-up

8 x Clean and Jerk @ 75% BW

10 x Deadlift @ 225 lbs

11 x Bench Press @ BW

500m Row

SFC Kristoffer B. Domeij

October 5, 1982 - October 22, 2011

Zhari, Afghanistan

Fire Support Element, HHC